

New Hampshire

2005 Youth Risk Behavior Survey (YRBS) Results

These risk behaviors¹ . . .

Unintentional Injuries and Violence

- 13% Rarely or never wore a seat belt
- 22% Rode with a drinking driver during the past month
- 16% Carried a weapon during the past month
- 26% Were in a physical fight during the past year
- 7% Attempted suicide during the past year

Alcohol and Other Drug Use

- 44% Drank alcohol during the past month
- 28% Reported episodic heavy drinking during the past month
- 26% Used marijuana during the past month
- 9% Ever used cocaine
- 11% Ever used inhalants

Sexual Behaviors

- 43% Ever had sexual intercourse
- 9% Had sexual intercourse with ≥ 4 people
- 33% Had sexual intercourse during the past three months
- 35% Did not use a condom during last sexual intercourse²
- 72% Did not use birth control pills during last sexual intercourse²

Tobacco Use

- 46% Ever tried cigarette smoking
- 20% Smoked cigarettes during the past month
- 9% Smoked cigarettes on ≥ 20 days during the past month
- 6% Used smokeless tobacco during the past month
- 18% Smoked cigars during the past month

Dietary Behaviors

- NA³ Ate fruits and vegetables < 5 times/day during the past 7 days

- 74% Drank < 3 glasses/day of milk during the past 7 days

Physical Activity

- 57% Did not meet currently recommended levels of physical activity⁴

- 5% Did not participate in any vigorous or moderate physical activity

- NA Did not attend physical education class

- NA Did not attend physical education class daily

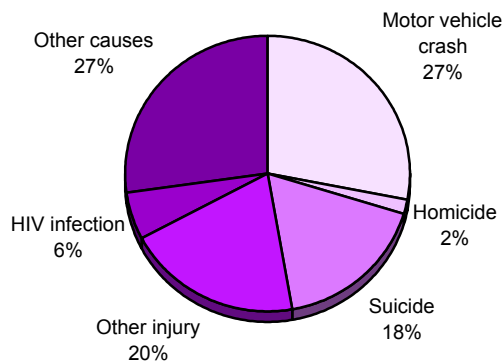
Overweight

- 13% At risk for becoming overweight⁵

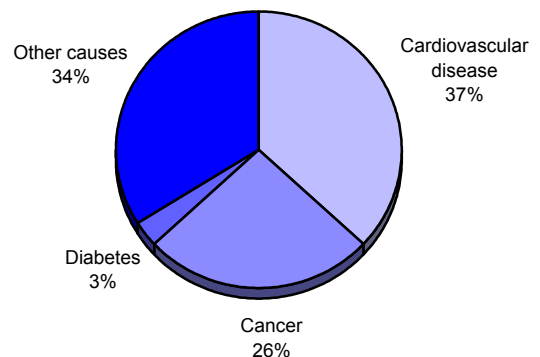
- 11% Overweight⁶

. . . contribute to these leading causes of death.⁷

Youth Aged 10-24 Years



Adults Aged 25 Years and Older



¹ Among high school students only, weighted data.

² Among students who had sexual intercourse during the past 3 months.

³ Data not available.

⁴ Were not physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes/day on ≥ 5 of the 7 days preceding the survey.

⁵ Students who were at or above the 85th percentile but below the 95th percentile for body mass index by age and sex, based on reference data.

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⁷ 2003 mortality data, CDC.

Where can I get more information? Visit www.cdc.gov/yrbs or call 800-CDC-INFO (800-232-4636).



DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

